## October 2009

October 2009							November 2009						
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4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	1 8 15 22 29	2 9 16 23 30	3 10 17 24	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28

Monday	Tuesday	Wednesday	Thursday	Friday		
Pionady	racsady	VVCdriesday	October 1	7		
			12:00pm CRANBERRY GLAZED PORK, PARSLEY BOILED POTATOES, VEGETABLES, DESSERT, MILK	12:00pm CHEESE BROCCOLI SOUP, TUNA WRAP, DESSERT, MILK		
5	, )	6	7	9		
12:00pm RING BOLOGNA, PARSLEY BOILED POTATOES, VEGETABLES, DESSERT, MILK	12:00pm COOK'S CHOICE	12:00pm CHICKEN BREAST, MASHED POTATOES, GRAVY, VEGETABLES, DESSERT, MILK	12:00pm GARLIC BEEF STIRFRY, DESSERT, ROLL, MILK	12:00pm FISH SANDWICH, POTATOES, VEGETABLES, DESSERT, MILK		
12		13 14				
12:00pm SALISBURY STEAK, POTATOES, GRAVY, VEGETABLES, DESSERT, MILK	12:00pm BAKED FISH, HASHBROWNS, VEGETABLES, DESSERT, MILK	12:00pm CHICKEN SANDWICH, CHIPS, VEGETABLES, DESSERT, MILK	12:00pm BOILED DINNER, DINNER ROLL, DESSERT, MILK	12:00pm ROAST PORK, SAURKRAUT, POTATOES, VEGETABLES, DESSERT, MILK		
19		20 21	. 22	23		
12:00pm HAM, SWEET POTATOES, VEGETABLES, DESSERT, MILK	12:00pm HAMBURGER STROGNOFF, VEGETABLES, DESSERT, MILK	12:00pm HONEY MUSTARD CHICKEN, RICE, VEGETABLES, DESSERT, MILK	12:00pm BEEF STEW, BISCUIT, DESSERT, MILK	12:00pm BAKED ZITI, VEGETABLES, GARLIC BREAD, DESSET, MILK		
26		27 28				
12:00pm BRAT ON A BUN, POTATOES, VEGETABLES, DESSERT, MILK	12:00pm BAKED FISH AUGRATIN, POTATOES, VEGETABLES, DESSERT, MILK	12:00pm SPAGHETTI/MEAT SAUCE, BREAD STICK, VEGETABLES, DESSERT, MILK	12:00pm CHICKEN CACCIATORI, POTATOES, VEGETABLES, DESSERT, MILK	12:00pm OPEN FACE ROAST BEEF SANDWICH, MASHED POTATOES, GRAVY, VEGETABLES, DESSERT, MILK		

Aging - Nutrition Site Menu

7/28/2009 11:11 AM